

Nutrition and Pregnancy



Refer to pages 101-103 in Your [Pregnancy and Childbirth Handbook](#) for more information

Many things influence the birth of a healthy baby. Some things you cannot control like your age and inherited family traits. Factors that you can control include getting consistent prenatal care, avoiding drugs, alcohol, tobacco, and eating healthy foods. It is important to meet your nutritional needs as well as the needs of your unborn baby.

Weight Gain

Your weight gain should be steady throughout your pregnancy. Your Healthcare Provider will inform you of how much weight is healthy for you to gain according to your condition. The chart below is an approximation on how much is gained per trimester.

1st Trimester (0-3 months) 2-5 pounds (It is common to lose a few pounds in this trimester)

2nd Trimester (3-6 months) 10-12 pounds (1 pound a week)

3rd Trimester (6-9 months) 10-12 pounds (1 pound a week)

Weight Gain and Diet

Pregnancy is not a time to diet. No matter what your weight was before your pregnancy, your Healthcare Provider will advise you on proper nutrition and weight gain. You may also be referred to a nutritionist if needed.

Nutrition

It is important to eat a balanced meal every day. A balanced meal is one that includes dairy, a protein source, fruits, and vegetables. You will also need extra calcium and iron while pregnant.



From the US Department of Health & Human Services

Food Category	Servings
Oils & sugars	In moderation
Milk, cheese, & yogurt	4 servings daily
Meats, poultry, fish	6-7 ounces daily
Vegetables	3-5 servings daily
Fruits	2-4 servings daily
Breads, cereals, & whole grains	6-11 servings daily

Foods to Avoid

Avoid eating cold sandwich meats and soft cheeses (i.e. feta) because of its potential of carrying a bacterium called listeria. Listeria can make you very sick. Also avoid eating fish such as tuna and swordfish. These fish can potentially have high levels of mercury that can be harmful to your unborn baby.

A Woman's Guide to Vitamins & Minerals

Vitamin/mineral	Sources	Function
 Vitamin A	Orange and yellow fruits and vegetables, liver, egg yolks, fortified milk	Helps maintain normal vision, healthy skin, and proper function of the immune system
 Beta Carotene	Orange and yellow fruits and vegetables	Acts as an antioxidant and the body converts it to vitamin A; performs the same function as vitamin A
 Vitamin D	Fortified milk, sunlight	Prevents bone deformation; regulates use of calcium in mother and baby
 Vitamin E	Whole grains, nuts, vegetable oils	Helps prevent anemia
 Vitamin C	Citrus fruits, broccoli, green and red peppers, brussel sprouts, tomatoes, strawberries, cabbage potatoes	Promotes healthy capillaries, gums and teeth; helps make collagen in connective tissue; helps wound healing
 Folic Acid	Green, leafy vegetables; enriched cereals and legumes	Help prevent anemia and certain birth defects of the spine and brain; helps make DNA
 Thiamin	Whole enriched grains, beans and pork	Helps release energy from carbohydrates; maintains healthy brain and nerve cells and heart function
 Riboflavin	Milk; cheese; eggs; green leafy vegetables; whole and enriched grains.	Helps utilization of other B vitamins, carbohydrates, fats and proteins
 Niacin	Meats, poultry, fish, whole and enriched grains	Helps metabolism of carbohydrates and fats; helps functioning of nervous and digestive system; maintains healthy skin
 Vitamin B6	Green leafy vegetables, meats poultry, fish	Helps prevent anemia and skin lesions; helps normal brain function; is needed for processing carbohydrates, lipids, and fats, and for making DNA
 Vitamin B12	Meats, fish, milk, eggs, yogurt	Helps prevent anemia; maintains the nervous system
 Calcium	Milk, cheese, yogurt, tofu, sardines, leafy vegetables	Promotes strong bones and teeth; helps blood clot; helps nerves and muscles
 Copper	Water, shellfish, nuts, legumes	Helps body use iron; helps energy metabolism
 Iron	Meats, fish, poultry, legumes, green leafy vegetables, whole and enriched grains	Helps prevent anemia by carrying oxygen in the blood; helps the immune system
 Zinc	Meats, whole grains, legumes, nuts	Necessary for many enzymes, normal growth, and sexual development; helps wound healing and synthesis of protein, DNA, and RNA

*Stuartnatal Plus Multivitamin/Multimineral Supplement, marketed by Wyeth-Ayerst Laboratories contains these vitamins and minerals, which are appropriate for women before, during, and after pregnancy.

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